

# HRC NEWS & VIEWS

Volume 7 Issue 1  
January 2011

## HOLIDAY ACTIVITIES

The Nebraska Youth Academy gave the youth a 2 week break for the holidays. Therapy groups, Corrective Thinking, SMART Recovery, Recovery Ed, Sober Health and Health classes went on as usual, but the extra time in the youths' schedule gave us opportunity for lots of activities, 30, to be exact. The boys enjoyed a pancake breakfast hosted by Nutrition Services staff, a tour of the antique cars at Jackson's Car Corner, a fitness competition and visit to the National Guard Training Center, swimming at the Y, and a viewing of "Straight Up" at the IMAX. Jean Luther and Corinne Jensen showed them how to play "Minute to Win it." Marj Colburn's Pizzeria sessions were a hit. Kelsey Johnson, Phil Parker and Karen Brown helped with pretzel dipping and several other activities. We used Kelly Hoeltling and Corinne's fuse beads expertise. Of course, there were a few football games and a tailgate party. A Saint Bernard, German Shepherd, Boxer, and German Shorthair, members of the K-9 and Friends organization were welcome guests. Youth Fellowship volunteers provided a Christmas party and a special Christmas Service. Everyone enjoyed the chili contest. The PVC youth won bragging rights this year with their **Possibly Volatile Consequences** chili, but all 9 entries were delicious. Thank you to our staff for keeping the youth involved in activities. It was a real team effort.

Breakfast hosts: Phil Parker, Doug Bonham, Kelsey Johnson, Dave Baisinger and Teresa Brown



Kennetha supervises the youth and wants to know how she can get a khaki outfit!

More photos on pages 5 & 6



## IT'S TIME BY MARJ COLBURN

For months we have been talking about the upcoming Joint Commission Survey. On Friday, January 7th, we were notified that HRC is scheduled for our survey from January 19<sup>th</sup> through the 21<sup>st</sup>. We were given prior notification because HRC was identified as a facility meeting the special requirement of an average daily census of less than 100 clients.

We will have one surveyor on campus for all three days. Ms. Lesley Loffredo is a resident of New Mexico and has been a surveyor since 2005. Ms. Loffredo has a Masters of Social Work from the University of Denver.

Both Bill Gibson and Scot Adams will be on campus during the day on Wednesday the 19<sup>th</sup> to meet with the surveyor

and address any concerns she may have. After the initial meeting with the surveyor to orient her to HJCDP and the policies/procedures we have in place, she will be in Building #3 meeting with staff and youth to evaluate our program's compliance with Joint Commission standards.

Friday afternoon the 21<sup>st</sup> there will be an exit conference with the surveyor with Scot Adams connected in by conference call to report out on any deficiencies found during the survey. HRC will be required to develop a Corrective Plan of Action for any deficiencies found.

If you haven't done so already, pull out

that Joint Commission training packet and give it a once over to re-familiarize yourself with how the process works and the expectations of the surveyor. I look forward to providing everyone with the positive comments and results we hear from the surveyor following the survey process. Thanks in advance for your participation and professional representation of HRC.



## A HAPPY NEW YEAR TO EVERYONE BY SCOT ADAMS

I'm looking forward to the coming year because I think good things are in store for the people affected by behavioral health disorders and for the Division of Behavioral Health.

We are about to release the results of surveys of consumers conducted

last year. Good news! Consumers appear to be quite satisfied with the services they receive from community mental health and/or substance abuse programs. Among adult consumers, 85 percent indicated they are satisfied. Among the families of youth who received services, 78 percent indicated they are satisfied with the services their child received. The full survey, conducted by UNMC, will be available on the DHHS website soon.

*"The regional centers have worked hard to maintain quality of services."*

The Division of Behavioral Health's Strategic Plan for 2011-2015 also will soon be available on our website. Strategies in the plan focus on access, quality, effectiveness, cost

efficiency, and accountability in relationships. The plan sets out the basis for our approach to behavioral health—that of person-centered and self-directed care in recovery-oriented systems. These systems build on the strengths and resilience of individuals, families and communities as they take responsibility for their sustained health, wellness and recovery.

The Office of Consumer Affairs will be important in our efforts to inform consumers, their families and providers of the resources and respon-

sibilities in a system that is consumer-driven. Consumers will learn that they have a role in their own sustained recovery. Knowing what they can do to help themselves will empower them to lead happier and productive lives—hopefully ones that are uninterrupted by crises.

The Lincoln and Hastings Regional Centers are experiencing Joint Commission site visits. We were successful on our last site visits and I know that we will be so again. The regional centers have worked hard to maintain quality of services. I thank employees for their efforts to assure a high quality experience for all of the people who come to us for help.



## FOOD PANTRY DONATIONS

Because of the generosity of some HRC employees, the Adams County Food Pantry received 200 pounds of a variety of items to stock their shelves!

Thanks to everyone who made donations to this valuable resource. Also, thanks to Sherry Block, Cheri Delay, Marlene Petr and Lisa Sedlak who helped gather the items. Last, a BIG THANKS to Tracy Polage and the PVC youth who loaded and unloaded the items at HRC and at the Food Pantry.

Your support will help many people who are less fortunate .

200 POUNDS



## KIDS SAY THE DARNDDEST THINGS

Do your kids or grandchildren catch you off guard by saying something you least expected? Every once in awhile, kids will come up with the funniest comments that just make you smile. The Editorial Board welcomes HRC employees to share those moments. Feel free at any time to send them by email to Corinne Jensen. We'd like to share those fun moments with everyone. Unfortunately we cannot award you with a generous reward, but we can publish it so that it can be

shared with others.

Here is our first entry submitted by Jean Luther.

Before Christmas my daughter asked my grandson what songs he would be singing for the school Christmas program that night. He replied that one of them was "Mary Had a Baby." My two year old granddaughter was listening and just had to let them know that couldn't possibly be right. She told them, "NO! Mary didn't have a baby, she had a little lamb!"

### NEW EMPLOYEE by Beth Bartell



Carol Staples joins the afternoon shift as a Youth Security Specialist II, on Unit 81.

Welcome to HRC, Carol!

## ESSAY SELECTED

After two months past the scheduled notification date, Suzanne Swanson, Youth Security Specialist II, was surprised to learn that the essay she had submitted for the *My Voices* anthology was chosen by the Committee. This is an opportunity for adult adoptees to share a voice in their experience as being an adoptee, whether good or

bad. A short autobiographical statement will be published and will include a childhood and current picture of Suzanne. Suzanne will also be invited to the International Forum in April, but does not plan to attend at this time.

**Congratulations, Suzanne!**



**Full size headboard, call Jane Wells at 3216 or at 771-2492**

### **Cream of Tomato Soup** from the kitchen of David Baisinger

#### Ingredients:

2 ½ cups tomato juice	2 ½ tablespoons margarine
¼ cup flour	½ teaspoon salt
2 tablespoons sugar	2 ½ cups milk (cold)
1 tablespoon onion, sliced	

Heat 2 ½ cups of tomato juice and 1 teaspoon of onion (sliced) to boiling. Melt 2 ½ tablespoons of margarine to bubbling. Add ¼ cup of flour and stir until smooth. Add enough of the hot tomato juice to make a thickening that will pour. Remove the onion from the hot tomato juice. Pour the thickening slowly into the rest of the hot juice with a wire whip. Cook until it boils thoroughly. Add ½ teaspoon of salt and 2 tablespoons of sugar. Add 1 ½ cups of cold milk while beating with a wire whip. Heat to boiling point.

### **Cauliflower Cheese Soup (or Cabbage Cheese Soup)** from the Kitchen of

Donna Rodriguez

1 large can chicken broth (can substitute water and 3-4 bouillon cubes)

1 head cauliflower washed and cut into small bite sized floweret's or a head of cabbage roughly shredded

4-6 ounces Velveeta cheese

Freshly ground pepper to taste

Cook the cauliflower tender crisp in the chicken broth (about 5 minutes). Melt the cheese in the broth and season to taste. If you want the soup a little thicker, you can make a roué with a teaspoon of butter and a little white flour cooked together in the microwave. Stir rapidly as you pour a bit of the hot broth into the roué and mix the paste into the soup while stirring rapidly. We like this served with toasted French bread. It's best right after it's made—not so great the second day so don't make "planned left-over's" with this one.

### **NEW YEAR RESOLUTIONS**

We could assume that we are being good and haven't broken our New Year Resolution. Or, it could be that we were bad and don't want to tell. Whichever the case may be, we didn't have any takers to share how things are going so far.

Perhaps it would be wise to live more simply, it will shorten your list of "stuff" to care about, which gives you the chance to care *more* about what (and whom) is left.

### **HRC EDITORIAL BOARD**

Corinne Jensen, Editor – 3127

Marj Colburn, 3166      Sherry Block, 3260

Carolyn Brown, 3295      Cheri Delay, 3223

Linda Weber, 3255      Jean Luther, 3383

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.

AA/EOE/ADA

## **WORDS OF THANKS**

The following note was received from the parent of a youth recently discharged from HJCDP:

To Monty Shultz:

Well, it's down to the Christmas 'wire' time to enjoy and reflect. 2010 highlights are easy and many; Alec's well-being tops this mother's list of prayers. I can never begin to explain the fear, the frustration, the hope, the prayers of this year, and the GREATEFULNESS for each and every one of YOU, and all those folks who do what you do each and every day.

There are surely easier and less frustrating jobs. I thank you not only for your time, caring and work this year with Alec, but for what you do with ALL of the youth you encour-

ter, and their families. It's amazing really, you change people's lives everyday, and give them hope, encouragement, and guidance.

No one chooses to go through these things, but on the bright side, we have been extremely fortunate and blessed to have had such wonderful, good, caring people on "Alec's team" ... it makes all the difference. I just wanted to take a minute to say, "thanks so much for what you do, it is appreciated more than words can ever describe".

Have a very blessed, safe, and Merry Christmas!!

*Parent*

Sherry Block received two emails from staff at the downtown DHHS

office staff expressing thanks to the PVC youth:

Hi Sherry. Thank you so much for bringing out all the guys today. We were hoping they would all make it. The trays of goodies were very much appreciated by everyone and very much a surprise!!

We all hope the 'dough boys' enjoy their Valentinos' gift card. We were thrilled with the total! I was hoping for one amount and Kim was hoping for a higher one and we were both too low, \$73!! WOW – proof we all appreciate all the effort! Thank you so much for going through the work every week to make all of that and bring them all over here! Have a Great Holiday!

## WORDS OF THANKS CONTINUED

To Sherry:

I'm sure glad they enjoyed the treat. I was so very impressed with the outpouring from people in our office. We had set a much lower goal than what we actually received. 'Tis the season!

We, too, enjoyed our gift from the boys. The bread, like always, was great! And the sugar cookies were awesome too! They do such a great job on preparing all their food items. I hope they take pride in what they are doing, even if sometimes it may seem like just baking bread. To me, it's much more than that. I see boys working hard, hopefully forming a good work ethic to be used in future

employment. I see boys learning to interact with other people in a positive atmosphere. I see customer service skills improve week after week. And I see some boys even opening up and starting small talk with us while we are in line. We truly look forward to seeing them every week, not just for their great breads, produce & desserts, but to see them also.

Everybody hits hard times in their lives in one way or another. The opportunity to improve one's outcome is always there, and sometimes it takes special people (like all of you) to guide them in the right direction. Merry Christmas to all of you and Bless You all!

## SPECIAL JANUARY EVENTS

Clown Month

Diet Month; Fat-Free Living Month

Eye Care Month

National Blood Donor Month

National Soup Month

National Staying Healthy Month

National Thank You Month

1/1/11 New Year's Day

1/3/11 Fruiteake Toss Day

1/10/11 Peculiar People Day

1/12/11 Work Harder Day

1/13/11 Make Your Dreams Come True Day

1/14/11 Dress Up Your Pet Day

1/14/11 Clean Off Your Desk Day

1/16/11 National Nothing Day

1/17/11 Dr. Martin Luther King Jr. Day

1/19/11 Popcorn Day

1/21/11 Hat Day

1/31/11 Backwards Day



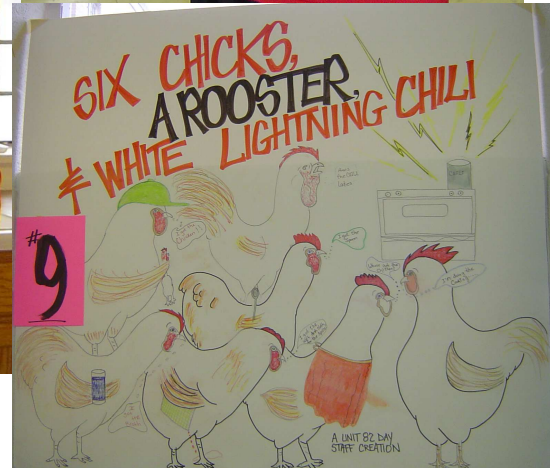
K-9 Friends came back to visit.

Travis Harms demonstrates the game "Jingle in the Trunk" while Jane, Jean and Corinne cheer him on.



Marj prepared dough for the youth to make individual pizzas with toppings.

# 2010 CHILI COOK-OFF MEMORIES



THE WINNERS! PVC, NUTRITION SERVICES & MARJ COLBURN